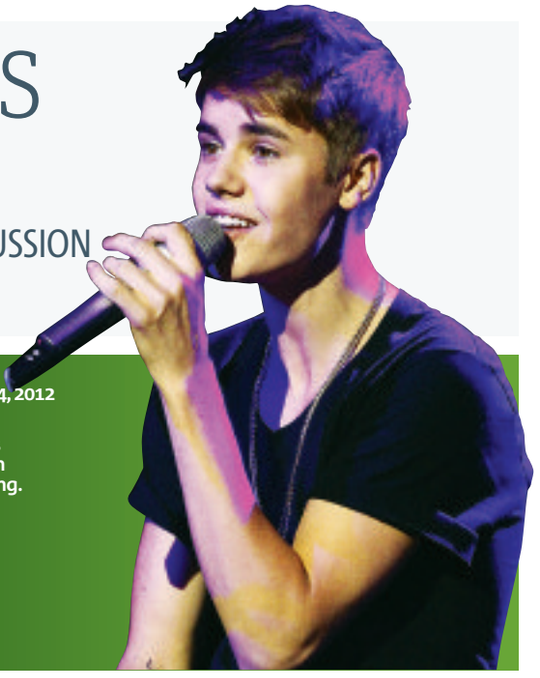
Do you trust your water?

Sales of the bottled stuff are up, though experts stress that the city's tap water is perfectly safe PAGE 3

BIEBER TAKES A TUMBLE

SINGER REPORTEDLY SUFFERS CONCUSSION AFTER SMACKING INTO WALL PAGE 9



REGIONAL metro®

Monday, June 4, 2012

News worth sharing.

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The Roughriders on their first official day of training camp Sunday at the U of R field. The coaching staff put the team through a high-energy practice in front of the public, and afterwards, players and coaches mingled with fans and talked to the media. JEFF MACKEY/METRO

Riders get their game on

CFL. Coach puts team through spirited practice and likes what he sees

A lot of lucky Riders fans got to shake the hands of their football heroes on Sunday as training camp officially opened for the 2012 season.

The team on the U of R field was loaded with new faces, and hopes are high that the Riders will make an about-face after their poor showing last season.

Perhaps the biggest change from last year's team is the coaching. Head coach Corey Chamblin is starting his first full season with the Riders and he seemed to have an excellent rapport with the team.

"He had the guys' attention from the moment he stepped on stage yesterday," said veteran quarterback Darian Durant.

"Coach Chamblin told us that it is all about the breakout — no matter what happened last year, it is easy to go from worst to first and that is our goal."

The coach put the team through a high-energy practice that ran one hour and 45 minutes on a sunny afternoon. He seemed impressed by his team's performance.

"We started fast and the guys had to get used to the tempo that we practise at. We have been holding back throughout the rookie camp and throughout the mini-camps," said Chamblin.

"It is a team sport and I think the energy is just tremendous with these guys. They want to be here, they want to have fun and they have a lot to prove from last year."

No. 1 draft pick Ben Heenan had his first taste of a full CFL practice on Sunday, and he seemed focused and determined throughout.

"The game steps up so I have to be quicker, I have to be stronger and everything needs to come more naturally for me," he said. JEFF MACKEY/METRO

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Churches

Loving Regina

On Sunday, a number of churches from around the city kicked off Love Regina Week, a series of events meant to highlight local volunteerism and celebrate the city.

The week will include a food bank drive, a blood donor clinic, park and neighbourhood cleanups, and will culminate with a community carnival in the Heritage district. Volunteers will be wearing red shirts to show their support for the city. Visit facebook.com/loveregina2012 for more information.

METRO

City to reline asbestos pipes this year

The City of Regina plans to reline asbestos cement watermains this year.

Asbestos cement (AC) pipe makes up about 550 kilometres of the city's 1,070-km long watermains.

The city has set aside about $2 million for the work, says Sandy Bailey, Water & Sewer engineering manager. In the 2012 budget, about $65.8 million is allocated for water system improvements.

Inhaled asbestos is known to be a major carcinogen, but the jury is out on whether it's as deadly when waterborne. A 2010 National Research Council (NRC) study reports: "Although there are fewer health concerns about waterborne asbestos fibres, there are still concerns about the inhalation of airborne asbestos from showers, humidifiers, etc. There are also some concerns about the ingestion of fibres from drinking water, as well as the clogging of filter systems."

From the report:

"Watermain breaks are a primary cause of water service disruptions, water losses and discoloured water."

Regina budget report

With deteriorating AC pipe, according to 2011 National Research Council (NRC) report, even minor disturbances such as a water hammer can release biofilms and asbestos fibres into the drinking water, "causing a health concern." A 2005 NRC report indicates "a total of 911 breaks were recorded" in Regina between 1994-2003, and a 2007 report says the AC pipes have broken most often in Whitmore Park-Hillsdale area.

However, asbestos fibres are not monitored in Regina's drinking water quality data reports, Bailey says. Health Canada doesn't require monitoring of asbestos fibres because, it reports, "currently available data indicate no health risk or aesthetic problem."

Asbestos cement pipes offer more risk when replaced, Bailey adds. The city has procedures to protect workers from airborne asbestos, including appropriate respirators, clothing, tools and methods. But the safest and cheapest method, she adds, is to insert liners.

"It's basically like an inside-out sock that has a resin impregnated into the fibre," Bailey says, and that is then put through the old pipe and then it's expanded and cured right in place, and it becomes a brand new pipe on the inside of the old one."

M E POWEL/FOR METRO

How safe is our water?

Is bottled better? City says chlorine is needed to kill bacteria from water sources

M E POWELL
regina@metronews.ca

Bottled water sales are increasing in Regina, even as residents are paying more for their water and sewer services.

The 2011 Water & Sewer Utility budget included an annual rate increase of nine per cent for 2011, 2012 and 2013.

The city monitors water quality constantly, says Ken Wiens, manager of water services for the city, and makes water quality reports available online. Also, "uni-directional flushing" with high-velocity water clears dirt and debris from water mains on a three-year rotation.

Regina's water supply travels from the water treatment plant at Buffalo Pound Lake down a 57-km pipeline.

"We purposely put chlorine in the water ... to disinfect the water, to inactivate the bacteria in the water — bacteria that exist naturally in the environment," says Wiens.

Chlorine is essentially "the devil we know." It can react with organic materials, causing trihalomethanes (THMs) linked to cancers, gastrointestinal problems, and other illnesses, but it can also be controlled and monitored.

Quoted:

"I'm shocked — not only shocked, but a bit angered by people at U of R who will buy bottled water and walk by a tap that's right beside them."

Chris Yost, microbe expert

Other methods like ozone or ultraviolet light don't provide as much protection from bacteria, according to Health Canada, especially when water is piped. Some, like chloramines or chlorine dioxide, are not considered as effective and the by products are not as well known.

Regina's "multi-barrier approach" includes sophisticated treatment processes and extensive testing, says Wiens. The 2012 budget includes $65.8 million for water infrastructure upgrades.

"I don't have to guess or assume, 'Is the water safe today or not?'" says Wiens. "It is always safe."

Even so, Mark Atnikov, general manager of Rainsoft Regina Ltd., says bottled water is his busiest product line. "We're seeing growth in that side of the market every year.

"People use bottled water because they're just not always satisfied with the aesthetic qualities of tap water," says Atnikov. "Chlorine will kill bacteria, but it doesn't do us any good either."

Chlorine is a hurdle set up to help prevent disease, argues Chris Yost, the University of Regina's Canada Research Chair in Microbes, the Environment and Food Safety. "It's one of those things that the microbes would have to get over, to get you sick.

Yost says not every place in the world can claim to have safe drinking water.

"It staggers me that people don't appreciate how lucky that is, to be able to just turn on a tap and drink water and not worry about the fact that it's going to kill you."

Leanne Melton, 22, drinks from a water fountain at the Science Centre. M E POWEL/FOR METRO

Bad taste

Water issues? Get it tested

When Sarah Etter moved into her apartment about two years ago, she didn't expect her tap water to be undrinkable.

On Twitter, she called the flavour of her water "something else: Due to old pipes in neighbourhood & apartment — metallic with a bitter before, during, and aftertaste."

Etter, candidate for city council in Ward 6, said she relies instead on bottled water and friends with access to reverse osmosis filters. She admitted she hasn't had her water tested, but she wonders about the cause. "Definitely part of it is my old apartment building and the quality of the pipes in the actual building, as well as the city," Etter said. "I don't think they maintain the watermains as well as they should."

The city flushed water mains in Etter's area of College Avenue East in 2010, confirmed Ken Wiens, Water Operations manager. Regina watermains are flushed on a three-year rotation, so it will be flushed again in 2013.

"Could things have changed in the last two years? Yes," Wiens added. "Is it possible that the water is not OK right now? It's extremely unlikely, but if it is, we would need to check the chlorine residuals, and check the turbidity of the water at this point in time. If there's a concern there, then we will deal with that.

"If people have a concern about a service that the city is providing they should contact the city and then we'll do an investigation," Wiens said.

M E POWEL/FOR METRO

To drink or not to drink?
TORSTAR NEWS SERVICE

1 NEWS

On the web

Reigning on a river

In photos: More than 1,000 boats sailed down London's River Thames on Sunday in a flotilla tribute to Queen Elizabeth II's Diamond Jubilee. Slideshow at metronews.ca.

Black bear crashes grad ceremony

Elementary school students in California got a surprise guest at their graduation this year: A black bear. Watch the bear wander onto school property at metronews.ca.

Mobile news

Food and culture go hand-in-hand, particularly in the U.S. south. Scan the code to read about Southern food's connection to race, class, gender and identity.

Murder, dismemberment suspect Magnotta spotted in France

Interpol. Le Figaro newspaper says police used porn actor's cellphone activity to map partial itinerary

The suspect in the gruesome killing and dismemberment of a Chinese student in Montreal was apparently spotted in France over the weekend, but police aren't ruling out the possibility he could still be on the move.

Police spokesman Ian Lafreniere cautioned that Luka Rocco Magnotta may no longer be in France, and wouldn't rule out the possibility he had since returned to Canada or headed elsewhere in Europe.

"He can travel, he's someone who has been known to travel, so we're not taking any chances and we want to keep an open mind," Lafreniere said. "We've received more than 360 tips, it's huge, people really want to help."

Magnotta, 29, is wanted in the gruesome slaying of Jun Lin, 33, who was a student at Montreal's Concordia University. Lin's torso was found in a suitcase that had been left out for garbage collection outside Magnotta's Montreal apartment last week. Other severed body parts, including a hand and a foot, were mailed to the offices of political parties in Ottawa.

French media reported Sunday that personal belongings of the porn actor were found in a hotel in suburban Paris. The reports said police discovered pornographic magazines as well as air sickness bags.

Police believe Magnotta fled to France on May 26.

Interpol has issued an international alert out for Magnotta, who was born Eric Clinton Newman and has also used the name Vladimir Romanov. Pictures posted Sunday on Magnotta's page on the Interpol website show a man with dark hair and a black Mickey Mouse shirt passing through airport security. The airport wasn't identified.

French newspaper Le Figaro said police were able to pinpoint part of Magnotta's itinerary through his cellphone activity. It was unclear whether Magnotta was still in the Paris area on Sunday, but Le Figaro reported that authorities had beefed up their presence at railway stations and airports.

Magnotta arrived at the Paris Charles de Gaulle Airport on May 26 and was later identified on surveillance cameras, according to Le Figaro. He was apparently put up one night by a man who later contacted authorities after realizing who his guest had been.

One published report said Magnotta was spotted in a bar and in a hotel where he spent two nights. Another French newspaper, Le Parisien, quoted the manager of a bar who said Magnotta ordered a soft drink at his establishment last Wednesday night and appeared "very nervous."

THE CANADIAN PRESS

This surveillance image shows who authorities believe is Luka Rocco Magnotta at a security checkpoint area. A state prosecutor says police are investigating two claimed Paris sightings of the suspect. INTERPOL/THE ASSOCIATED PRESS

Crowds celebrate Queen

The River Thames became a royal highway Sunday, as Queen Elizabeth II led a motley but majestic flotilla of more than 1,000 vessels in a waterborne pageant to mark her Diamond Jubilee.

In a colourful salute to the island nation's maritime past, an armada of skiffs and sailboats, rowboats and paddle steamers joined a flower-festooned royal barge down a 11-kilometre stretch of London's river.

With a crowd of rain-soaked spectators estimated by organizers at 1.25 million cheering from the riverbanks, the pageant was the largest public event in four days of celebrations of the monarch's 60 years on the throne. On Monday, the queen will join thousands of revellers at an outdoor concert beside Buckingham Palace, headlined by pop royalty including Paul McCartney and Elton John.

Sunday was dismal and damp, with rain scuttling plans for a ceremonial fly past, but that didn't stop Union Jack-waving spectators forming a red, white and blue wave along the pageant route.

"We have come prepared," said 57-year-old Christine Steele. "We have got blankets, brollies (umbrellas), flags and bunting. We even got our glittery Union Jack hats and wigs."

THE ASSOCIATED PRESS

Non-jubilant attendees

- Hundreds of anti-monarchists held a protest to oppose jubilee-mania — though their chants were countered by renditions of "God Save the Queen."
- "People are sick and tired of being told they must celebrate 60 years of one very privileged, very remote and very uninspiring head of state," said Graham Smith of the anti-monarchist group Republic.

In heavy rain, Queen Elizabeth II reviews a flotilla of 1,000 vessels on the River Thames, during a river pageant to celebrate the Queen's Diamond Jubilee in London on Sunday. MATT DUNHAM/THE ASSOCIATED PRESS

Toronto. Police zero in on suspect in fatal shooting at downtown mall

Police said Sunday they think they know who the gunman is in the shooting rampage at Toronto's Eaton Centre that killed one man and injured several other people.

Police confirmed their initial impressions that the shooting was a targeted hit, acting deputy chief Jeff McGuire told a news conference Sunday.

"This is one very large horrific event, but it's not the state of the city of Toronto, it's an isolated incident, there have been other shootings, but ... please do not gauge the city on what we saw yesterday," he said.

Police have not been able to definitively determine if the shooting was gang-related, but at least one of the victims had known gang links. The man who was killed, who police identified as Ahmed Hassan, 24, of Toronto, is believed tobe linked to gangs, said Det. Sgt. Brian Borg.

"We are investigating this person as well as another individual. It may be that both of them have gang affiliations, or it may be just the one of them, but we do believe that our deceased in this case may have had some gang affiliation," Borg said.

Police did not elaborate on the suspect they are looking for.

Police were reviewing security video in their hunt for the shooter and interviewing witnesses who were among the hundreds of people in the shopping mall when the gunfire erupted Saturday evening.

THE CANADIAN PRESS

The victims

Seven people suffered injuries.

- The most seriously wounded is a man, 23, who suffered multiple gunshot injuries to his neck and chest. He remained in critical condition
- A 13-year-old boy who was visiting Toronto with his family suffered a gunshot wound to his head and remains in critical condition, but was responding well to treatment.
- Three others suffered less serious gunshot wounds and were released from hospital.
- A pregnant woman who was trampled as people rushed the exits was recovering in hospital.

Nigeria

Plane crash kills all passengers

A passenger plane carrying more than 150 people crashed in Nigeria's largest city on Sunday, killing all passengers aboard.

Charred corpses could be seen in the rubble of a building damaged by the crash as firefighters searched for survivors and pulled a dead body from the wreckage.

THE ASSOCIATED PRESS

Egypt

Mubarak verdicts to be appealed

Egypt's top prosecutor is to appeal the verdicts in the trial of Egypt's ousted president and others, acquitting Hosni Mubarak and his two sons on corruption charges and clearing senior police officers of complicity in killing protesters.

Under Egyptian law, the prosecutor must appeal the entire verdict, which also included convictions and life sentences for Mubarak and his former security chief for failing to stop the killing of protesters in the uprising that ousted him last year.

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Interest rate hike? Experts think not

Economic outlook. Friday's report on Canadian GDP showed a 1.9 per cent growth, well below the central bank's April call for a 2.5 per cent advance

Is the next move for Mark Carney to cut interest rates?

The question would have seemed unthinkable a few weeks ago given that the Bank of Canada governor's last pronouncement on the subject was to issue a wink and a nudge about coming hikes.

The signal-sending language — "some modest withdrawal of the present considerable monetary policy surplus may be appropriate" — contained in the April interest-setting statement sent markets into speculation hyper-drive that rates could be heading north as early as the summer. Tuesday's upcoming announcement was never in play and isn't in play now.

Economists are as unanimous as can be that Carney will keep the policy rate moored at one per cent a little while longer. But now the speculation has turned full circle about the nature of the next move, whenever it comes.

"The state of the world is increasingly making clear that a rate hike at this point would be premature," said Avery Shenfeld, chief economist with CIBC World Markets.

The revived crisis in Greece, the growing banking crisis in Spain, unresolved debt problems in Italy and Portugal, had already lengthened the odds on Carney moving this fall, and likely made him regret his April assessment that Europe's crisis had moved from "the acute to the chronic."

But if there was any doubt remaining, Friday's onslaught of weak and very weak data from Canada, the United States, China and Brazil, following a bad output number out of India Thursday, removed it.

Friday's report on Canadian gross domestic product did not show the economy tanking in the first quarter, but at 1.9 per cent growth it was well below the central bank's April call for a 2.5 per cent advance. It now looks unlikely the bank's equally optimistic 2.5 per cent for the second quarter will come to fruition either.

And given the Canadian export sector's reliance on flush U.S. consumers, the miserly gain of 69,000 jobs reported south of the border for May was even a worse signal that the next few months will yield at best craw-speed momentum. China and Brazil also reported soft economic data.

THE CANADIAN PRESS

Economy

Carney's previous signal on interests rates was predicated on the assumption that Canada's growth rate would smoothly expand at about 2.5 per cent throughout 2012, enabling the economy to return to full capacity in the first half of 2013.

Walmart draws stars

Robson Walton, left, chairman of the board of directors of Walmart and son of the late Walmart founder Sam Walton, greets actor Justin Timberlake during the Walmart shareholders' meeting held in the basketball arena at the University of Arkansas Friday. Timberlake hosted the event, arriving in a hula skirt to symbolize a story told about the founder dancing a hula on Wall Street after losing a bet. During the meeting, CEO Mike Duke told the crowd that the retailer is committed to integrity in the wake of recent bribery allegations in Mexico. APRIL L. BROWN/THE ASSOCIATED PRESS

Charity

Buffett hopes lunch auction raises big bucks

Warren Buffett THE ASSOCIATED PRESS

It's true that Warren Buffett hired the hedge fund manager who won the last two private lunches with him that are part of an annual auction, but he doesn't expect the event to become a recruiting tool for Berkshire Hathaway.

Rather, Buffett says it's miraculous that he found one of Berkshire's two new investment managers through the lunch. He offered Ted Weschler a job after he'd paid nearly $5.3 million over two years to dine with Buffett.

Buffett said he just hopes the 13th annual online auction will again raise a significant amount of money for the Glide Foundation, which provides social services to the poor and homeless in San Francisco. THE ASSOCIATED PRESS

Border. Higher duty-free limits expected to save shoppers, cost businesses

Canadian bargain hunters and communities within easy reach of the U.S. border are beginning a new chapter in their relationship with U.S. retailers with new rules on duty-free shopping.

Cross-border shoppers who could only declare $50 of purchased goods after an overnight trip are now able to bring $200 back home.

For people on a jaunt of between two and seven days, the limit has doubled to $800 from $400 while the limit for visits of more than a week increases to $800 from $750. Travel for less than 24 hours still has no personal exemptions. Stephen Fine, founder of online shopping resource crossbordershopping.ca, said shoppers had begun mobilizing to pressure the government into changing the personal exemption rules, adding the 24-hour duty free limit was a frequent bone of contention.

THE CANADIAN PRESS

Representative?

Marq Smith, owner of motorcycle shop Western PowerSports in Langley, B.C., said he's already lost thousands of dollars worth of business to cross-border shopping over the years.

- Raising the duty free limits, he said, is a perfect way to take money away from Canadian business owners.

Trade. Premiers demand compensation if Ottawa concedes to EU demands

The provincial premiers have undertaken a letter-writing campaign to demand compensation from the federal government for any increase in drug costs that might come of a free trade agreement with Europe.

B.C. Premier Christy Clark says she and other premiers have each written to Ottawa urging federal negotiators not to agree to anything that would drive up the cost of pharmaceuticals.

Among the European Union's demands are an extension of brand-name patents for up to five years to compensate companies for time tied up in bureaucratic approvals.

They also want to extend the time that a brand-name company's recipe for a drug would remain secret from companies trying to make knock-offs.

And while Ottawa has not yet formally agreed to any of the demands, it has not ruled anything out either — leaving many provincial and federal insiders, as well as trade experts, to suspect the federal government will bend to at least part of the EU ask. Behind the scenes and in public, several provinces are ramping up their campaign to fend off European demands.

THE CANADIAN PRESS

Quoted

"The premiers are all concerned about the impact that it could have on pharmaceutical drugs and the cost of pharmaceutical drugs."

B.C. Premier Christy Clark

Automotive cutbacks

GM closing an Oshawa plant

General Motors is going ahead with plans to close its consolidated plant in Oshawa in what its union calls a "disgusting" move. The closure, the union says, will eliminate 2,000 jobs directly and more indirectly.

The plant, which produces the Chevrolet models, was originally scheduled to close 2008. THE CANADIAN PRESS

RIM had identity crisis at peak: Adviser

A brand strategy adviser hired by Research In Motion at the peak of the company's success says the BlackBerry maker was locked in an identity crisis that left it struggling to map out its future.

Matthew Kelly, managing director at Toronto-based firm Level5, said in a recent interview that RIM was preparing to wage a battle against Apple's iPhone device, an effort that seemed to be distracting the company from other market challenges.

"I didn't get the sense they were taking Android as (seriously) as they needed to," he said, who was previously chief marketing officer at Yum Brands Inc., owner of the Pizza Hut, Taco Bell and KFC chains.

RIM shares took a beating this week after the Waterloo, Ont.-based company announced Tuesday it hired two outside firms to advise on its troubled business and financial performance .The company also projected an operating loss in the current quarter and warned it will cut staff throughout the year.

Kelly said when he entered the picture, the company was already showing signs that it was losing its lustre. The BlackBerry name had been so powerful that devotees nicknamed their phones "Crackberrys" but by then, even some loyals were debating whether they'd switch devices.

RIM was trying to hold on to its reputation, which Kelly concedes was "stodgy, conservative and old-fashioned," all while making a second effort to take steam out of the iPhone, which had been gaining sales momentum in recent quarters.

Meanwhile, analysts were criticizing RIM for its lack of new products on the market or any that were particularly innovative. THE CANADIAN PRESS

Tumbling shares

Kelly was part of a team brought on by RIM executives in late 2009 to help the company manage its brand reputation with enterprise customers and government organizations.

- When he came on board, shares of RIM had already tumbled 50 per cent from their highs of $148 in 2008, and since then have dropped even further to close at $10.68 Friday.

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GAME OF THRONES COURSE COMES WITH SPOILER ALERT

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

The University of Regina, which annually ranks among the top 10 universities in Canada in the Maclean's poll, isn't satisfied.

Apparently, it's looking to go global.

As soon as word gets out that it's offering Game of Thrones 101, the university's fame will extend all the way to Westeros, the mythical kingdom in which the deadly game is played.

Only in Westeros

How do you study something while it's still being written?

We can only assume that the English department, tired of teaching the works of old dead white guys and Jane Austen, has decided to study an old white guy who's still alive. In fact, Game of Thrones author George R.R. Martin isn't even finished yet. Game is only the first in the planned seven-volume Song of Ice and Fire, and volumes six and seven, The Winds of Winter and A Dream of Spring, have yet to be written.

Fans of the fantasy series are exceedingly anxious that the books are so huge — each epic doorstop is well over 1,000 pages — and it takes the 63-year-old Martin so long to write them (he's been at it since 1991), that it will never get done.

And, of course, the HBO TV series based upon the books only concluded season two last night.

It's like studying Shakespeare before he finished Macbeth or Hamlet, or Dickens while he was in the middle of delivering serial chapters of Bleak House to the publisher. How do you study something while it's still being written?

None of this seems to matter to the university's English department, and I suspect it won't matter to the hundreds of scholars of sword and sorcery who will no doubt be lined up this morning trying to get into GOT 101. You think there's a parking problem on campus? It just got worse.

Of course, they could always invite George Martin to explain why it has taken him 22 years and he's still not done. As his fans like to complain, there's nothing George likes more than a distraction, and being offered in a university syllabus along with Shakespeare and Dickens makes for a very appealing distraction: "Which figure in literature does Tyrion Lannister, a.k.a. The Imp, most resemble? Iago? Ebeneezer Scrooge? Pinocchio? All of the above?"

My dirty little secret is that I really, really want to take this course, because the most important question of the 21st century is whether or not Jon Snow is really … (sorry, I'm not spoiling that one). Or if Daenerys Targaryen can finally … (not that one either). I'm sure it will come in handy if I ever find myself looking for another job:

"I have a degree in Game of Thrones … and if I'm hired, I'll make sure this company is ready for winter."

Now all we need to do is make George write faster. Here's an idea. We promise to give him an honorary doctorate at the U of Regina — just as soon as he finishes the damn book.

Worth mentioning

Bus driver hailed as hero after controlling vehicle despite deadly wound

Chinese are hailing a bus driver who maintained control of his vehicle and ensured passengers' safety despite being struck by a chunk of iron that smashed through his windscreen while driving a bus near Beijing last week.

Wu Bin ultimately died of his injuries from Tuesday's freak accident, but not before braking, shifting gears and telling passengers not to wander onto the highway. His hometown of Hangzhou in eastern China has praised him as a hero and a role model.

Dramatic security camera footage broadcast Sunday on state television showed the object hitting Wu and his calm handling of the situation, despite being in obvious pain. Wu died Friday.

China has a history of praising acts of selflessness and courage to inspire responsibility in an increasingly competitive and sometimes callous society.

THE ASSOCIATED PRESS

Heigh-ho heigh-ho, it's off to camp they go

CARLY MCDOUGALD/CONTRIBUTED

Carrying it for the kids

City portage helps less fortunate

TORONTO. One hundred camp enthusiasts strapped canoes to their backs and embarked on a gruelling 40-kilometre paddle and portage over the weekend for the fifth annual Canoe Heads for Kids event, which raised $60,000 to send kids from low-income families to summer camps through Amici Camping Charity.

METRO

Portagers on the trek. CONTRIBUTED

Paddling for dollars

- The money raised in the event will send 60 children to camp for two weeks.
- Once Amici sponsors a child, it will continue to send that child to camp for two weeks every year, as long as the financial need is still there.
- Combined with its other fundraising initiatives, Amici will send 150 children to camp for two weeks in 2012.

Saskatchewan doesn't seem that far from Taiwan after large church donation

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

It's a long way from Estevan to Taiwan, but a charity in the Asian country has now felt the warmth of the Saskatchewan community as though it was right next door.

During a recent Sunday service, the Estevan Alliance Church donated the day's entire offerings — $40,000 — to His Hands Taiwan, an organization co-founded by former Estevan resident Holly Muir, who now lives in Taiwan. His Hands provides a home and assistance to single mothers during their pregnancies and offers adoption services. The organization has been working hard to retain its status as an adoption centre in the wake of stringent changes to Taiwanese laws. "Not only are we heartbroken for the infants, but also for the young mothers," says Muir. "When a mom chooses adoption for their baby they know they are giving their children a bright future in a loving family. The hope for this bright future may be lost." The church continues to accept donations on behalf of His Hands Taiwan (hishandstaiwan.org).

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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2
SCENE

Corey Hart's comeback a point of 'pride' for singer

Remix. Sunglasses at Night singer gets inspired to remake Truth Will Set You Free and bring its gay-positive message to the forefront

If you go...

- **The performance.** Hart's Toronto show will take place June 30 — a free, open-air festival gig with the capacity to squeeze in 3,000 fans.

When Corey Hart included Truth Will Set You Free on his 1988 album Young Man Running, few among his legions of fans likely realized that the song was intended as a gay-positive anthem of affirmation for anyone struggling with his or her sexuality.

For one thing, the Montreal-born pop star wanted it that way. He was intentionally cryptic in the lyrics of the soaring tune, couching the true meaning of its be-yourself-at-all-costs mantra in subtext. The reason for the secrecy? Hart wanted to protect the close friend who had inspired the song, someone whose sexuality was a source of self-doubt and pain.

Now, Hart is issuing a dance floor-friendly remix of the tune, one which swaps the contemplative soft-rock of the original for an icy club groove and pulls those themes that coursed under the original's surface to the fore with new lyrics inspired, in part, by the 1998 murder of gay university student Matthew Shepard.

And to make positively sure those newly prominent themes resonate, Hart — who willingly receded from the musical spotlight to raise his children — will mark his first Canadian performance in a decade during Toronto's Pride festival.

"The gay aspect of this song was an important message that I wanted to send out there, especially being a straight man — I thought it was important to say this," he added. "It was important for me to be at a gay pride event and to go out there and sing the song, and spread the message of the song."

But it certainly wasn't a typical journey to get to this point.

The idea to re-record his 24-year-old song began with an unsolicited email request from a DJ whom Hart had never heard of. Since launching an official website last year, Hart receives dozens of pitches each week from people who want to remix or sample his tunes, and he almost always says no.

This request was different. For one thing, 1Love — whose real name is Paul Todd — wasn't writing in regard to either Sunglasses at Night or Never Surrender. Hart was intrigued, but it wasn't until he got to know Todd that he became persuaded to revisit the track.

Todd wasn't a "successful Donald Trump-type" running some big production company, as Hart puts it, but a music lover from Kingston, Ont., who was driving a cab at night to support his four kids.

Even though Hart was initially a "little put off" with Todd's first attempt at tackling a new version of the song, their personalities clicked.

By then, Hart had made up his mind to issue his first single in 12 years. "I became attached to wanting the song to come out, wanting the song to be heard — and also wanting to help him."

Hart felt that Todd's early remix didn't have enough musicality to it, so he sent it to musician friends in Toronto and Montreal who added textures until the gleaming song found its pulse. Perhaps more important to Hart was the opportunity to re-record his vocals with new lyrics.

"I felt (it was) necessary to take the song much further than I had in 1988," Hart said.

THE CANADIAN PRESS

Canadian singer-songwriter Corey Hart poses with his protégé Marie-Christine as she promotes her album in Toronto last month. Hart is planning his first performance in a decade. CHRIS YOUNG/THE CANADIAN PRESS

Box office

Snow White is the fairest of them all

Snow White & the Huntsman triumphed at the weekend box office. According to studio estimates Sunday, Universal Pictures' action yarn inspired by the fairy-tale princess debuted strongly at No. 1 with $56.3 million domestically. That's about $20 million higher than industry expectations. Snow White bumped Sony's Men in Black 3 from the top spot and into second-place with $29.3 million. The Will Smith-Tommy Lee Jones sequel raised its total to $112.3 million after two weekends. Disney's superhero sensation The Avengers remained strong at No. 3 with $20.3 million, lifting its domestic total to $552.7 million. The Avengers climbed past The Dark Knight at $533.3 million to become No. 3 all-time on the domestic revenue chart, behind Avatar at $760.5 million and Titanic at $658.5 million.

THE ASSOCIATED PRESS

On the web

Chefs and restaurateurs: What's on the playlist almost as important as what's on the menu

Andy Samberg. THE ASSOCIATED PRESS

End of an era. Andy Samberg follows Kristen Wiig and wraps his run on SNL

Andy Samberg has wrapped his seven-season run on Saturday Night Live, a spokeswoman for the actor-comedian said Friday.

Samberg won't return as a cast member next season, according to his publicist, Carrie Byalick. Samberg's exit follows that of SNL cast member Kristen Wiig.

Like other Saturday Night Live alumni, Samberg will be seen on the big screen. His new movie with Adam Sandler, That's My Boy, is out this month.

Samberg's SNL highlights reel would feature his satiric rap videos including Lazy Sunday and a memorable one with Justin Timberlake about an X-rated gift in a box.

Wiig, Samberg and Jason Sudeikis, all of whom became cast members in the 2005-06 season, have been rumoured to be leaving.

THE ASSOCIATED PRESS

The Word

We're finally worried about Charlie Sheen

THE WORD
Monica Weymouth
scene@metronews.ca

Brooke Mueller has landed herself back in rehab, but the situation might not be as bad as it seems.

Despite a history of drug abuse and saying "I do" to Charlie Sheen, the sometimes-actress' lawyers say the stay is a perfectly routine "pre-planned event," and that reports of a crack-cocaine binge with her ex-husband are entirely false.

For his part, Sheen doesn't know who he agrees with just yet — but that doesn't mean he won't attempt to talk about it.

Here's his statement on the matter to TMZ: "I can't speak to anyone's opinion or judgement. I was there, they were not, their tepid hearsay is a baseless static drone.

"A mantra, their theme. I refuse to be held hostage by their 'constitutional' privilege, to judge those who can and who do. nabobs. CS"

It took a while, but we are finally confused by the choices of Charlie Sheen. This man is a professional Drunkest Guy Last Night, and yet this is the statement he releases?

Charlie, this is familiar territory: sleep in, take a shower, throw on a little bronzer and surface in gym clothes with a leafy bag from Whole Foods. This showing-up-to-breakfast-in-sunglasses stuff is for amateurs.

Has he learned nothing?

When asked who will play him in the inevitable biopic, Bill Clinton generously settled on George Clooney during an interview on Piers Morgan Tonight.

Now, as for Hillary? He'd like to cast Meryl Streep.

We think this was a compliment, but Bill, trust us: assuming you're still around for a next time, the answer you are looking for here is "Angelina Jolie, Charlize Theron or a young Heidi Klum."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leonardo DiCaprio

Leo DiCaprio better off without Baywatch: Hasselhoff

Baywatch may have been a huge success for David Hasselhoff, but he thinks at least one movie star is better off for not getting a part on the series. Leonardo DiCaprio auditioned for the role of Hasselhoff's son — a part that eventually went to Jeremy Jackson — according Movieline.

"You know what, it was the best thing to happen to Leonardo DiCaprio," Hasselhoff says. "I saw Leonardo DiCaprio and I said, 'You know what, that was the best thing that ever happened to you! You would have never gotten Titanic and have been this big star. You'd be like Jeremy Jackson and David Hasselhoff, looking for work.'"

Justin Bieber

Justin Bieber takes a backstage tumble

Justin Bieber is recovering from a possible concussion and a bruised ego after walking into a glass wall backstage at a Paris concert, according to TMZ. The singer returned to the stage to finish his set, but he reportedly lost consciousness briefly backstage after the show. Local doctors diagnosed him with a concussion. Bieber is taking it well, though, posting on Twitter, "Just smacked my head and needed some water. All good. I'm Canadian. We are tough." This isn't the first time Bieber has been fooled by the translucent nature of glass walls and doors. Online video clips show him walking into the glass partition of a revolving door in 2010 and a glass wall at a radio station office later that year.

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3 LIFE

Budgeting

Got a big family? Here's how to save time and money

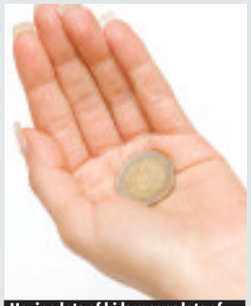
Have a daughter? Don't cut her bangs. Once you start cutting bangs, you're a slave to trimming them.

Don't buy bikes with white wheels. If you get your princess a pink bike with white wheels, little brother may be reluctant to take it on when sister outgrows it. Sacrifice glitter and ribbons for a good hand-me-down situation.

Have your babies close in age. This year, I had three kids on the SAME hockey team. This means only one rink at one time.

Don't cheap out on big-ticket items. If you buy your first kid a cheap bike, it's not going to get through the rest of your clan. You're better off buying top-quality baby products and sports equipment.

JULIE COLE/YUMMYMUMMYCLUB.CA



Having lots of kids means lots of opportunities to save. ISTOCK IMAGES

Arts & crafts

Father's Day gift: The 52 Reasons I Love You Jar

Looking for the perfect Father's Day gift? The 52 Reasons I Love You Jar is a great idea! This is a three-ingredient activity that kids can make as a gift for Dad — that keeps giving.

Grab a jar, paper and crayons. Have your child write out 52 hand-written notes using the prompt "I love you because …" (I love you because you take me to soccer, I love you because you tell fart jokes, I love you because you read to me ...)

Drop them into the jar. Dad can choose one note each week for the next year. This activity gives kids an opportunity to think about why Dad is special. It's a great way for kids to practice handwriting and brainstorming. And it's free!

CAROLINE FERNANDEZ/YUMMYMUMMYCLUB.CA

When yes is better than no

First response. Saying no comes naturally when children ask for anything outside of the master plan, but it can stifle development

JENNIFER KOLARI
yummymummyclub.ca

"Mommy, let's have a picnic lunch under the dining room table.

"Why would we do that when we have a table?" I said without even looking up from my emails and piled-up paperwork.

"Why not?" asked my daughter.

I tore myself away from the screen to look at her. She was flushed with excitement. Even the ends of her hair seemed to be electrified as she bounced from foot to foot, imploring me with her cockeyed smile

"Sure, let's do it!" I said.

She was surprised by my answer. We ate, played games and giggled, and I was a much happier woman than I would have been had I remained hunched over my computer.

"Thank you," I said to my daughter.

"For what, Mommy?"

"For taking me on a picnic," I said. "Well, you should thank yourself, too. You're the one who said yes."

Parents usually go to "no" as a first response when their children ask for anything outside the master plan.

"No, I don't want you to build a cushion fort in the living room right now; it makes a huge mess."

I've done it. But if a child wants to build a fort or engage in any other activity that promises a transient mess, why not let him or her?

Your little one has an idea and exploring ideas is such an integral ingredient of our kids' development. How else are they going to figure out what works or how to solve their own problems?

Saying "no" comes naturally because we think doing so is without consequences. We're wrong. Not only do we limit our children's personal possibilities, we also compromise many opportunities to bond with them and to show them a different side of ourselves.

So, next time, consider going straight to "yes." I guarantee the experience will be as satisfying and memorable for you as if you had planned the whole thing yourself.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Exploring ideas is an integral part of our kids' development. ISTOCK IMAGES

Health

Caesarean births linked to child obesity

New research published in the Archives of Disease in Childhood claims that C-sections may double the risk of childhood obesity. Big news, considering that around one in three babies are born this way in Canada.

The study followed 1,255 mothers and babies between 1999 and 2002. The babies were weighed at birth, six months and age three. Around one in four were C-sections, and those babies tended to weigh more than those from vaginal births.

According to researchers, there is the "difference in the composition of gut bacteria acquired at birth between the two delivery methods." Apparently babies born by C-section have more Firmicutes bacteria and fewer Bacteroides bacteria in their guts. (Obese people have higher levels of Firmicutes bacteria.) It is believed that gut bacteria influences insulin resistance, inflammation and fat deposits.

Another good reason to avoid elective, non-emergency Caesarean births.

JULIE GREEN
YUMMYMUMMYCLUB.CA

On the Web

Global cancer cases to rise 75 per cent by 2030 as developing countries adopt bad habits from West

Bear, Tupac and Chardonnay are just a few of the wackiest baby names from last year. ISTOCK IMAGES

Weird baby names get even weirder

The folks at Nameberry compiled the hundred wackiest monikers from the last year.

We're talking weird — from the future troublemakers Capone and Juvenal, to Mother Nature's son, Cougar, Fox and Bear. Not to mention the badasses, Tank and Notorious, Marvellous, Famous and Tupac.

For cultural trends, it's Mad Men all the way, with six Draper kids released into the world. Homage to the late Dirty Dancer, Swayze. And Elvis is back (if he ever went away), as are the corresponding names Graceland, Presley and Memphis.

The Royal wedding appears to have left its mark, as the absurdly conjoined Princewilliam, Princemichael and Sircharles will attest.

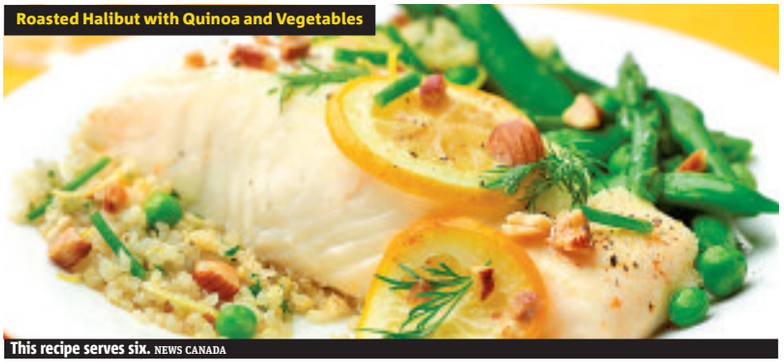
While the calendar has historically provided baby name inspiration (April, June), it saw some new twists, including Tomorrow, Evening and Future.

Oh, and intoxicants featured, too: Tequila, Chardonnay and (I kid you not) Abeer.

JULIE GREEN/YUMMYMUMMYCLUB.CA

Hearty halibut is a perfect match for spring veggies

Roasted Halibut with Quinoa and Vegetables



This recipe serves six. NEWS CANADA

1. Place quinoa in a rice cooker with 750 ml (3 cups) of water. Cook until tender and fluff with a fork.

2. Meanwhile, bring a large pot of salted water to a boil and prepare a bowl with ice water. Blanch asparagus, snap peas and sweet peas by placing them into the boiling water for about 1 minute for each batch. Strain and remove to ice water for another minute to stop the cooking. Drain and set aside.

3. Remove quinoa from rice cooker, place in a large bowl and mix with oil, chives, tarragon and lemon rind. Season with salt and pepper.

4. Season halibut with salt and pepper and place on a parchment-lined baking sheet. Place a sprig of dill on each piece of fish; layer each with 3 to 4 lemon slices and top with 5 ml (1 tsp) of the butter. Splash with white wine and bake, uncovered, in centre of 190 C (375 F) oven for about 7 minutes.

5. Brown remaining butter in a pan over medium-high heat. Add lemon juice and blanched vegetables and toss quickly. Season to taste and add toasted almonds to vegetables. To serve, arrange quinoa and fish on a plate and spoon vegetables around and over the fish.

Ingredients

- 500 ml (2 cups) yellow quinoa, rinsed
- 500 g (1 lb) asparagus, stalks cut into 6 pieces on bias
- 1 l (4 cups) sugar snap peas, each cut into 4 pieces on bias
- 500 ml (2 cups) shelled green sweet peas
- 90 ml (1/3 cup) olive oil
- 30 ml (2 tbsp) finely chopped fresh chives
- 30 ml (2 tbsp) finely chopped fresh tarragon
- 2 ml (1/2 tsp) grated lemon rind
- Salt and pepper
- 6 halibut fillets (each 150 g/5 oz)
- 2 sprigs fresh dill
- 2 lemons, thinly sliced
- 125 ml (1/2 cup) unsalted butter
- 50 ml (1/4 cup) white wine
- 30 ml (2 tbsp) lemon juice
- 250 ml (1 cup) toasted crushed whole almonds

NEWS CANADA/ADAPTED BY EMILY RICHARDS, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Healthy eating

Choose it and lose it

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rosereisman.com

Smoothies are a natural choice when the mercury starts to rise. But make sure what you're choosing to help you cool off isn't fattening you up.

Cold Stone Creamery Mango Pineapple Smoothie

510 calories/ 115 g carbs
More than 500 calories and half your carbohydrates for the day is excess for a beverage. Mangoes are higher in calories than other fruits.

Equivalent

This is equivalent to almost four butter croissants from Starbucks in carbs.

Cold Stone Creamery Blueberry Pineapple Smoothie

360 calories/ 78 g carbs
Blueberries are one of the lowest-calorie fruits, which makes for a more controlled beverage. Consider the smaller "like it" size.

Catfish scaloppine teams with tomatoes

Ingredients

- 1 large tomato, cut into 4 slices
- Salt and freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar
- 125 ml (1/2 cup) all-purpose flour
- 2 eggs beaten with 15 ml (1 tbsp) water
- 250 ml (1 cup) panko crumbs
- 2 catfish fillets (each 175 g/6 oz), pounded lightly into scaloppine
- 30 ml (2 tbsp) olive oil

Garlic Basil Sauce:
- 30 ml (2 tbsp) butter
- 6 to 8 cloves garlic, sliced
- 6 fresh basil leaves
- 15 ml (1 tbsp) fresh lemon juice

Catfish Scaloppine with Garlic Basil Sauce

This recipe makes two servings. NEWS CANADA

1. Place tomato slices on an ovenproof platter. Sprinkle with salt and pepper; drizzle with vinegar and set aside.

2. Place flour into a shallow dish. In a second shallow dish, whisk eggs with water. Place bread crumbs in a third shallow dish. Dip each catfish fillet into flour, shaking off excess. Dip into egg mixture followed by bread crumbs, pressing to coat well; place fillets onto plate.

3. In a large skillet, heat oil over medium-high heat. Cook fillets for about 5 minutes per side, until deep golden brown and fish flakes easily when tested with a fork. Place fish fillets onto tomatoes and place platter in the centre of a 160 C (325 F) oven to keep warm.

4. Garlic Basil Sauce: Wipe out any excess oil from skillet and add butter. Return to medium heat and let butter melt and brown slightly. Immediately add garlic and basil leaves and swirl them in the pan or stir continuously to prevent from burning. As garlic softens and basil become crisp, add lemon juice and continue to stir ingredients together until well combined.

5. Remove pan from heat. Remove catfish and tomato platter from oven. Pour sauce over fish and serve.

NEWS CANADA/ADAPTED BY EMILY RICHARDS, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 11, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

The houses that Elio built

Giving something back.
Generous entrepreneur one day decided to use wealth to aid those stricken by poverty

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Elio Madonia was strolling with his wife while on vacation in the Dominican Republic when he turned down the wrong street and walked into a poverty-stricken neighbourhood.

"I pointed my finger at God saying, 'Why do you allow this to happen?' At one point I heard a voice speaking to me. 'If you are really concerned, why don't you do something for them?'"

Elio was a pillar of the Italian community in Toronto and had recently sold his interest in several beverage companies.

He was also newly retired. The mayor of the town donated a piece of land and Elio went to work, building 25 new homes for the families he had met. That was in 1990.

Today, Madonia and The Samaritan Group have built and donated 10 villages filled with 1,200 homes, six schools, five medical centres and 12 churches.

"We work a lifetime to acquire wealth. Then we look back and say, 'Is this all there is to life?'All this experience, talent, skill and knowledge is now wasted on the golf courses of the world.

"Help those in need and leave a legacy that will influence the world."

Elio Madonia, seen here on the far left, presents a house to a family in need along with a group of donors who helped to build it.

Elio gives his two cents

"We work a lifetime to acquire wealth. Then we look back and say, 'Is this all there is to life?'" All this experience, talent, skill and knowledge is now wasted on the golf courses of the world."

Elio Madonia

Guide to life

Elio's personal mottos:

- Put God first at all times and in all things. You will discover that this is true wisdom.
- Let love motivate everything you do.
- In all relationships follow the golden rule: As you would like others to do to you, do likewise to them.
- In all dealings let fairness prevail.
- At all times protect your good name (reputation) for it is worth more than gold.

Visit: thesamaritanfoundationdr.com

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:
- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

metro

Raising the roof: What green top would best suit your household?

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are some green roofing options?
Shannon of Calgary

First, dispose of the old roofing materials. I'm guessing you have asphalt shingles.

In Canada, about 1.25 million tonnes of asphalt-based roofing materials are discarded each year. But asphalt shingles are recyclable. Before you hire a roofing contractor, ask if your old shingles will be recycled. For smaller do-it-yourself jobs, look for a construction waste recycling depot near you.

Benefits of metal roofs:

- Recyclable and often made with recycled content (steel and aluminum)
- Highly durable, up to 100 years but the screws will only last 25 years
- Can be installed over asphalt shingles
- Reflect more energy = lower cooling costs in summer
- Ideal for water collection; i.e., rain barrels

Avoid copper roofs, which take a lot of energy to make and create pollution. Also avoid zinc to treat rust; instead, request a powder coating. Finally, ensure your aluminum roof has a baked-on resin that meets national drinking water standards to avoid contaminating runoff.

Benefits of recycled rubber roofs:

- They're often made from old tires!
- Very durable (50 years)

The biggest problems are off-gassing, contamination of rainwater and heat absorption from the black colour (increasing your cooling bill in summer).

Benefits of green roofs (plants growing over a waterproof membrane):

- Lower cooling costs by 50 to 90 per cent
- Minimize rainwater runoff
- Act as a carbon sink
- Reduce the urban heat island effect (cities regularly reach higher temperatures than the surrounding landscape because of the extra solar energy they absorb)

Today, this is cost prohibitive for most homeowners — starting at $18 a square foot. However, they are becoming more popular on commercial buildings with flat roofs due to their insulating properties, durability, stormwater mitigation and more.

NHL

Bruins goalie taking year off

Boston Bruins goaltender Tim Thomas says he'll sit out next season.

"At the age of 38, I believe it is time to put my time and energies into those areas and relationships that I have neglected," Thomas said on his Facebook page Sunday.

Boston Bruins goalie Tim Thomas WINSLOW TOWNSON/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Soccer

Canada holds U.S. to a draw in friendly

Facing CONCACAF powerhouse United States in a friendly at BMO Field in Toronto Sunday night, the Canadians adopted a defence-first stance to keep a clean sheet in a 0-0 draw before 15,247 fans.

TORSTAR NEWS SERVICE

Golf

Woods matches Nicklaus for wins

Tiger Woods picked the right place to match Jack Nicklaus for career PGA Tour wins, and with a shot that even left Nicklaus amazed.

Two shots behind with three holes to play, and his ball in an impossible spot behind the 16th green, Woods holed a flop shot from 50 feet away that turned bogey into birdie and sent him on his way to a stunning comeback Sunday in the Memorial.

It was his fifth win at Muirfield Village, and the 73rd of his PGA Tour career to match Nicklaus at No. 2 all-time. Sam Snead won a record 82 times.

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Doughty living his dream with the Kings

NHL. Fan-turned-star has been key in Los Angeles' 14-2 record on run to Stanley Cup

The seed was planted in Drew Doughty's mind long before he got this close to the summit.

As a kid who grew up worshipping the Los Angeles Kings, the slick defenceman always envisioned himself helping lead the organization to a Stanley Cup.

"Before I was even drafted I had a ton of meetings with the L.A. Kings staff," Doughty recalled Sunday at the Kings practice facility. "Every single one of those meetings, Dean always brought it up to me: 'Are you going to be that guy to help us win that first Stanley Cup in franchise history?' My answer was always 'Yes.'"

The Kings are oh-so-close to making it a reality.

With a pair of 2-1 overtime victories over the New Jersey Devils to open the championship series, Los Angeles flew back across the continent with an opportunity to wrap it up at Staples Center. This is bordering on fantasyland stuff for Doughty, who grew up in London, Ont., as a Kings fanatic and owned small black-and-silver replica sweaters bearing the names Gretzky and Hrudey.

Those two men were key players in the Kings' only other previous trip to the Stanley Cup final, which ended with a loss to Montreal in five games in 1993.

The current group has gone further than any team in the franchise's 44-year history. Doughty's contributions have been impossible to ignore throughout the playoffs and he's taken it to another level at the most important time — logging a team-high 32 minutes of ice time in Game 2 and scoring a highlight-reel goal to boot.

These are exciting times for a Kings team that has steamrolled its competition and only dropped two games since the regular season ended in early April. It would take an upset of historic proportions for New Jersey to win the series.

Of the last six Stanley Cup finals that began with the road team winning the opening two games, five ended in sweeps. The other was over in five games.

"We really believe we can win a game tomorrow night," Devils coach Peter Deboer said. "If we do, it's a different series."

THE CANADIAN PRESS

Drew Doughty celebrates after scoring a goal during Game 2 Saturday in Newark, N.J. JIM MCISAAC/GETTY IMAGES

Top-seeded Djokovic shaky in Open victory

Novak Djokovic of Serbia returns in his fourth-round match against Andreas Seppi of Italy at the French Open on Sunday. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Novak Djokovic won even though he felt like nothing was working.

A much less-known player named David Goffin lost, but he walked out of Roland Garros feeling like the luckiest guy in the world. It was a strange, grey Sunday at the French Open that didn't always fit the script — and even included an early exit by the top-seeded woman, Victoria Azarenka.

The top-seeded man, Djokovic, punctuated the weirdness, in need of his third career comeback from two sets down to post a fourth-round victory over 22nd-seeded Andreas Seppi of Italy, 4-6, 6-7 (5), 6-3, 7-5, 6-3.

"Today, I played a very poor match," Djokovic said.

Goffin, in the draw as a "lucky loser" after falling in qualifying, found himself with a one-set lead against none other than his childhood favourite, Roger Federer, before falling 5-7, 7-5, 6-2, 6-4. At the end, the 21-year-old got a hug from the 16-time major champion that left him smiling.

"I've had an extraordinary week," he said. "I went through the qualifiers with a bit of luck. Then I played my best tennis. I played three great matches. The icing on the cake was to play here with Roger."

Djokovic was just happy his hopes of winning his fourth straight Grand Slam tournament — the "Novak Slam" — are still alive.

THE ASSOCIATED PRESS

Daniel Nestor

Canadian Daniel Nestor and Belarussian partner Max Mirnyi reached the quarter-finals of the French Open on Sunday with a 6-2, 6-4 defeat of American Scott Lipsky and Rajeev Ram.

4 SPORTS

Belmont Stakes

"It's all about the horse. As long as the horse is going great, we're all doing good. If he was battling and then I was getting a lot of stuff from other areas, it would be difficult. As long as he's doing good, everything else is just talk."

Doug O'Neill, the trainer of Canadian-owned I'll Have Another, is learning just how difficult it is to avoid all the roadblocks as he prepares his Kentucky Derby and Preakness winner for a chance to become the first Triple Crown champion in 34 years. The 44-year-old trainer shrugs off — at least publicly — the criticism thrown his way for numerous drug and medication violations, including a 45-day suspension issued last week in California. But ever since the colt was put on a van to New York, there have been a number of bumps on the road to the Belmont Stakes, such as a traffic jam on the New Jersey Turnpike. I'll Have Another will not be able to wear the nasal strip he wore when he won the Derby and Preakness. The horse also went without regular exercise rider Jonny Garcia until a week ago because of visa issues.

THE CANADIAN PRESS

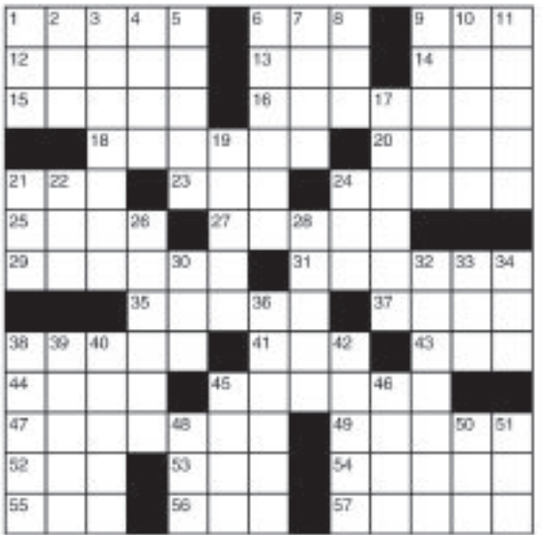
On the web

Playoff beards are still in, though facial hair is all over the map at this Stanley Cup. Scan the code to find out which player in the final is king of the growth and who is opting for a clean-shaven look.

Crossword

Across
1 Azure gem
6 Gear tooth
9 Jungfrau, e.g.
12 Skip a phoneme
13 Rd.
14 Earl Grey, e.g.
15 "Bananas" director
16 Fireplace tool
18 Sailor of India
20 Send forth
21 Past
23 Many millennia
24 Talkative
25 Layers
27 Founded
29 Acceptable
31 A little lower?
35 Giraffe's cousin
37 Memorandum
38 Kitchen fixture
41 E.T.'s carrier
43 Felon's flight
44 Desire
45 Wily
47 Hangman's structure
49 Became immobile
52 Expert
53 Water (Fr.)
54 Newsman Newman
55 Roulette bet
56 Catcher's place
57 Oxidizes

Down
1 Meadow
2 Every last crumb
3 Cushions
4 Concept
5 Logic
6 Poolside shelter
7 Finished
8 Toothpaste type
9 Fermi's bits
10 Clark's companion
11 Meat pie
17 Prelude
19 Charmed slitherer
21 Deluge refuge
22 Sticky stuff
24 "Holy cow!"
26 Sandbox toy
28 Work hours
30 — out a living
32 Ensues
33 Greek vowel
34 Sleep phenom
36 Chase
38 Fructose, for one
39 Vestige
40 Looked slyly
42 Bid
45 Vacationing
46 Language of Pakistan
48 "— the ramparts ..."
50 Pimple
51 Type measures

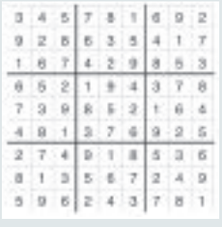


Sudoku

	7		1		3		8	
		4	9		7	5		
8								6
		8		2		3		
9								7
		7		1		6		
7								3
		9	2		8	4		
	8		4		5		1	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's Sudoku



Weekend's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

IWOOTICEH ITOZUET ICPPI QUR GUZZCSR ICEHSZ RTE TZ OQCP, IQS'R KS EUGSR KSFSZPM SFSZPM.

Yesterday's Cryptoquip: WHEN THE FEUDAL BONDMAN GOT OUT OF BED, HIS FELLOW VASSALS MIGHT'VE PROCLAIMED "SERF'S UP!"

Today's Cryptoquip Clue: R equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Someone is about to find out just how much you dislike being taken advantage of.

Taurus | April 21 - May 21. Trust your own abilities, and trust that fate is still on your side.

Gemini | May 22 - June 20. Someone you live or work with seems to be under the impression that each time they do something wrong you will forgive them. It may have been true in the past but it's not true today.

Cancer | June 21 - July 22. Keep tasks to a minimum today and think before you act. Or don't act at all.

Leo | July 23 - Aug. 22. Before you make that purchase ask yourself if you really need it.

Virgo | Aug. 23 - Sept. 22. The planets suggest that little things will be more important than big things today, so focus on the kind of details that others tend to overlook. On the home front especially your keen eye will spot danger quickly.

Libra | Sept. 23 - Oct. 22. Everyone makes mistakes – yes, even a Libra – so put it down to experience and get on with your life.

Scorpio | Oct. 23 - Nov. 21. How do you turn good ideas into cash? That is the problem you will need to resolve over the next few days, but you must not be rash about it.

Sagittarius | Nov. 22 - Dec. 21. Yes, it's true, someone has taken advantage of you, but seeking revenge isn't the answer. Today's eclipse in your sign urges you to forgive those who have done you wrong. But don't forget or they may do it again.

Capricorn | Dec. 22 - Jan 20. The message of the stars for Capricorn this week is that not even someone as driven as you can change the world on your own

Aquarius | Jan. 21 - Feb 18. You must stick with the task or project you are working on, no matter how slowly it may be progressing.

Pisces | Feb. 19 - March 20. Although you are under a lot of pressure at the moment you will find ways to deal with it. Pisces is an adaptable sign, so if one way does not seem to be working for you just try something else.

SALLY BROMPTON

Caption Contest

"Medieval Kenevil Cathedral"
Ryan

DMITRY LOVETSKY/THE ASSOCIATED PRESS

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